

WHAT is RHEUMATIC FEVER?



It's a sickness caused by a common germ (strep)

The germ can enter the body and cause sore throats and skin sores. It causes a 'FEVER.' A bit like the flu!

A week or so after a sore throat or skin sores, rheumatic fever can affect the body, and cause pain in the big joints (like knees) and the heart. **THIS IS RHEUMATIC FEVER.**

See your nurse or doctor if you have:

Pain and swelling in the big joints; knees, ankles, hips, wrists or elbows. Sometimes people are too sick to walk, especially children.

Rheumatic Fever can sometimes affect the brain, and cause strange twitching and jerking movements.

Who can get it?

Rheumatic Fever can affect anyone, but most commonly affects school aged children.

Can I get Rheumatic fever more than once?

YES! The germ lives everywhere in the environment and can cause sickness again and again. This is why people who have had Rheumatic Fever get Bicillin injections.

THE MOST IMPORTANT THING ABOUT RHEUMATIC FEVER IS IT CAN DAMAGE YOUR HEART FOR THE REST OF YOUR LIFE!

HOW CAN I STOP RHEUMATIC FEVER?

See your doctor if you have a sore throat or skin sores



Take all of your medicine on time



If you are pregnant and think you may have Rheumatic fever, see the doctor straight away.



brush your teeth 2 times a day and go to the dentist regularly



Wash hands properly with soap.



Have a shower or bath everyday.



after the toilet,

after changing nappies and before eating.



after playing with animals,